



Dropping Anchor



Adapted from the work of Dr. Russ Harris

E

Engage in what you are doing. Get a sense of where you are and refocus your attention on the activity you are doing.

In your surroundings, notice:

- 5 things you can see
- 4 things you can hear
- 3 things you are touching
- 2 things you can smell
- 1 taste in your mouth
- Lastly, notice what you are doing.



**SUNNY
COAST**
COUNSELING

Finding Home Dropping Anchor Book English Edition

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